Conclusions

Our findings indicate a high rate (75%) of under-reporting of total calories in middle-class African American women. Under-reporters had a significantly greater BMI and reported "trying to lose weight". Under-reporters were more likely to over-report caloric, less servings of grains, less discretionary fat and sodium. The only eating behavior correlated with under-reporting of total energy calories was cognitive restraint, which was associated with less under-reporting of total calories. Our results indicate that dietary studies in middle-class African American women should include more methods to independently validate dietary intake as there is a high rate of under-reporting. Further research in a larger sample of middle-class African American women is indicated to further investigate and characterize under-reporters.

Literature cited


Acknowledgements

Grand Valley State University Statistical Consulting Center

For further information contact Debbie Limon, Ph.D., R.D. at lwerson@gvsu.edu